



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03195, Babyfood, cereal, rice, with applesauce and bananas, strained

Report Date: June 24, 2017 23:33 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Carbohydrate Factor: 4.2 Fat Factor: 8.4 Protein Factor:3.8 Nitrogen to Protein Conversion Factor:6

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 16g	1 oz 28.35g	1 jar 113g	1 jar Gerber Second Food (4 oz) 113g	1 jar Heinz Strained-2 (4.25 oz) 120g
Proximates									
Water	g	81.00	24	0.800	12.96	22.96	91.53	91.53	97.20
Energy	kcal	80	--	--	13	23	90	90	96
Energy	kJ	334	--	--	53	95	377	377	401
Protein	g	1.20	23	0.000	0.19	0.34	1.36	1.36	1.44
Total lipid (fat)	g	0.40	23	0.100	0.06	0.11	0.45	0.45	0.48
Ash	g	0.30	23	0.000	0.05	0.09	0.34	0.34	0.36
Carbohydrate, by difference	g	17.10	--	--	2.74	4.85	19.32	19.32	20.52
Fiber, total dietary	g	1.0	--	--	0.2	0.3	1.1	1.1	1.2
Sugars, total	g	2.24	--	--	0.36	0.64	2.53	2.53	2.69
Minerals									
Calcium, Ca	mg	17	19	0.000	3	5	19	19	20
Iron, Fe	mg	6.73	19	0.620	1.08	1.91	7.60	7.60	8.08
Magnesium, Mg	mg	3	1	--	0	1	3	3	4
Phosphorus, P	mg	12	1	--	2	3	14	14	14
Potassium, K	mg	28	14	--	4	8	32	32	34
Sodium, Na	mg	4	--	--	1	1	5	5	5
Zinc, Zn	mg	0.08	1	--	0.01	0.02	0.09	0.09	0.10
Copper, Cu	mg	0.051	--	--	0.008	0.014	0.058	0.058	0.061
Selenium, Se	µg	2.1	1	--	0.3	0.6	2.4	2.4	2.5
Fluoride, F ¹	µg	16.1	2	--	2.6	4.6	18.2	18.2	19.3
Vitamins									
Vitamin C, total ascorbic acid	mg	31.6	19	1.000	5.1	9.0	35.7	35.7	37.9

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Thiamin	mg	0.260	18	--	0.042	0.074	0.294	0.294	0.312
Riboflavin	mg	0.422	18	--	0.068	0.120	0.477	0.477	0.506
Niacin	mg	4.017	18	--	0.643	1.139	4.539	4.539	4.820
Vitamin B-6	mg	0.234	4	--	0.037	0.066	0.264	0.264	0.281
Folate, total	µg	3	--	--	0	1	3	3	4
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	3	--	--	0	1	3	3	4
Folate, DFE	µg	3	--	--	0	1	3	3	4
Choline, total	mg	1.9	--	--	0.3	0.5	2.1	2.1	2.3
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	--	--	0	0	1	1	1
Retinol	µg	0	--	--	0	0	0	0	0
Carotene, beta	µg	9	--	--	1	3	10	10	11
Carotene, alpha	µg	0	--	--	0	0	0	0	0
Cryptoxanthin, beta	µg	7	--	--	1	2	8	8	8
Vitamin A, IU	IU	21	--	--	3	6	24	24	25
Lycopene	µg	0	--	--	0	0	0	0	0
Lutein + zeaxanthin	µg	4	--	--	1	1	5	5	5
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	0.01	0.01	0.05	0.05	0.05
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.2	--	--	0.0	0.1	0.2	0.2	0.2
Lipids									
Fatty acids, total saturated	g	0.114	--	--	0.018	0.032	0.129	0.129	0.137
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
14:0	g	0.002	--	--	0.000	0.001	0.002	0.002	0.002
16:0	g	0.096	--	--	0.015	0.027	0.108	0.108	0.115

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18:0	g	0.007	--	--	0.001	0.002	0.008	0.008	0.008
Fatty acids, total monounsaturated	g	0.104	--	--	0.017	0.029	0.118	0.118	0.125
16:1 undifferentiated	g	0.003	--	--	0.000	0.001	0.003	0.003	0.004
18:1 undifferentiated	g	0.101	--	--	0.016	0.029	0.114	0.114	0.121
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.102	--	--	0.016	0.029	0.115	0.115	0.122
18:2 undifferentiated	g	0.082	--	--	0.013	0.023	0.093	0.093	0.098
18:3 undifferentiated	g	0.021	--	--	0.003	0.006	0.024	0.024	0.025
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0	0
Amino Acids									
Tryptophan	g	0.012	--	--	0.002	0.003	0.014	0.014	0.014
Threonine	g	0.040	--	--	0.006	0.011	0.045	0.045	0.048
Isoleucine	g	0.048	--	--	0.008	0.014	0.054	0.054	0.058
Leucine	g	0.116	--	--	0.019	0.033	0.131	0.131	0.139
Lysine	g	0.068	--	--	0.011	0.019	0.077	0.077	0.082
Methionine	g	0.020	--	--	0.003	0.006	0.023	0.023	0.024
Cystine	g	0.014	--	--	0.002	0.004	0.016	0.016	0.017
Phenylalanine	g	0.058	--	--	0.009	0.016	0.066	0.066	0.070
Tyrosine	g	0.056	--	--	0.009	0.016	0.063	0.063	0.067
Valine	g	0.068	--	--	0.011	0.019	0.077	0.077	0.082
Arginine	g	0.040	--	--	0.006	0.011	0.045	0.045	0.048
Histidine	g	0.032	--	--	0.005	0.009	0.036	0.036	0.038
Alanine	g	0.056	--	--	0.009	0.016	0.063	0.063	0.067
Aspartic acid	g	0.076	--	--	0.012	0.022	0.086	0.086	0.091
Glutamic acid	g	0.236	--	--	0.038	0.067	0.267	0.267	0.283
Glycine	g	0.028	--	--	0.004	0.008	0.032	0.032	0.034
Proline	g	0.104	--	--	0.017	0.029	0.118	0.118	0.125

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Serine	g	0.052	--	--	0.008	0.015	0.059	0.059	0.062
Other									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0

Sources of Data

¹Steven Levy Fluoride data on infant foods and beverages, 2003 unpublished Fluoride data from Dr. Steven Levy, University of Iowa